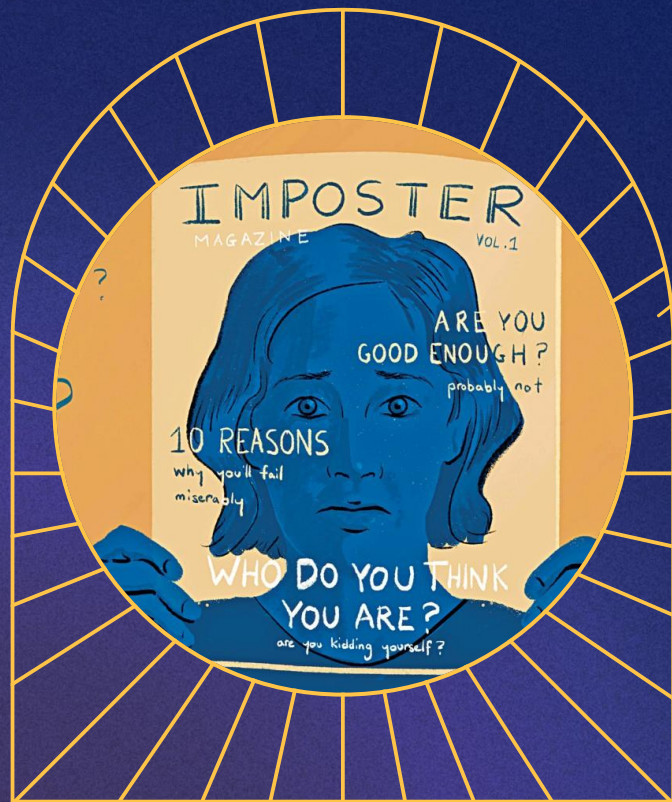




# Oh Hell no!

How to slay your inner imposter



Presented by Star Khan



**Driftwood**  
**Public Library**  
Outreach Services



# This was me

Every day Shahrazad would have to get ready to play the role of Star just to fit in



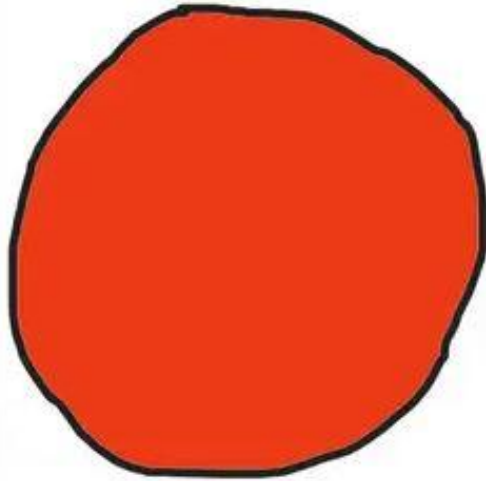


## What is Imposter Syndrome?

Imposter syndrome is that sinking feeling where you're afraid you're not good enough, and everyone is going to find out that you're faking it. That no matter your experience, education, or accomplishments, your success is the result of luck and eventually you will be found out to be a fraud

# who does it affect?

TYPES OF PEOPLE WHO CAN  
HAVE IMPOSTOR SYNDROME:



- ALL THE SMART, SUCCESSFUL  
PEOPLE THAT YOU THINK  
HAVE THEIR SHIT TOGETHER

"I have written eleven books,  
but each time I think, *'Uh oh,  
they're going to find out now.  
I've run a game on everybody,  
and they're going to find me out.'*"

– Maya Angelou





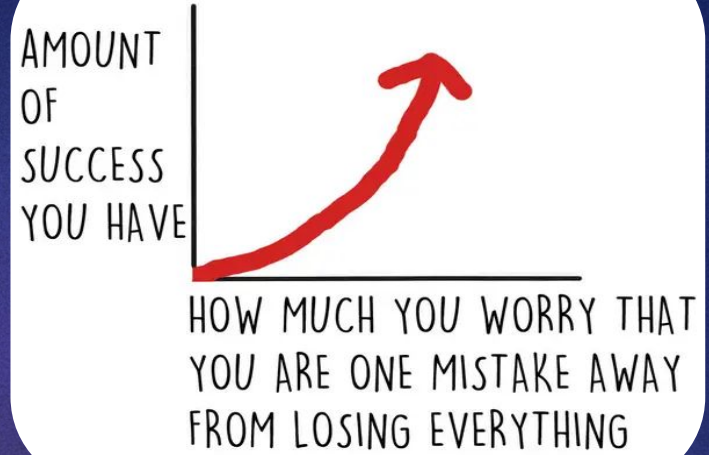
wait! How do I know if I have it??



# Signs of Imposter Syndrome

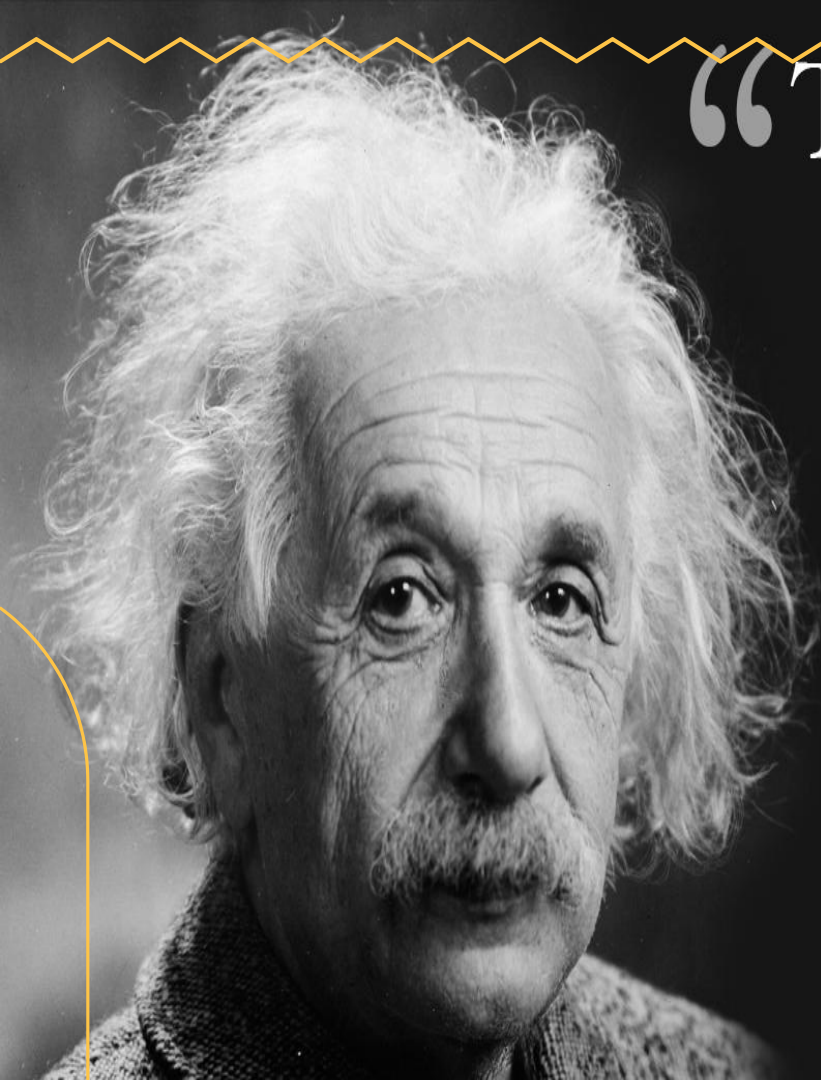


You feel like a total  
fake



Fear of Failure





“The exaggerated esteem in which my lifework is held makes me very ill at ease.

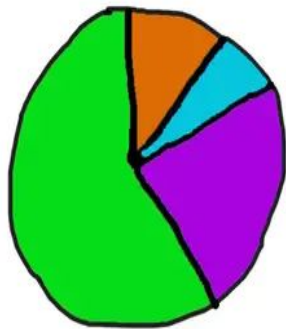
I feel compelled to think of myself as an involuntary swindler.”

Albert Einstein



# Signs of Imposter Syndrome

YOUR THOUGHTS WHEN SOMEONE SAYS THAT YOU WOULD BE GOOD FOR A JOB/ROLE/TEAM:



WHAT?

WHY?

HAVE YOU MET ME?

MAYBE THEY'RE JUST TRYING TO BE NICE

You downplay your ability to get shi\*t done

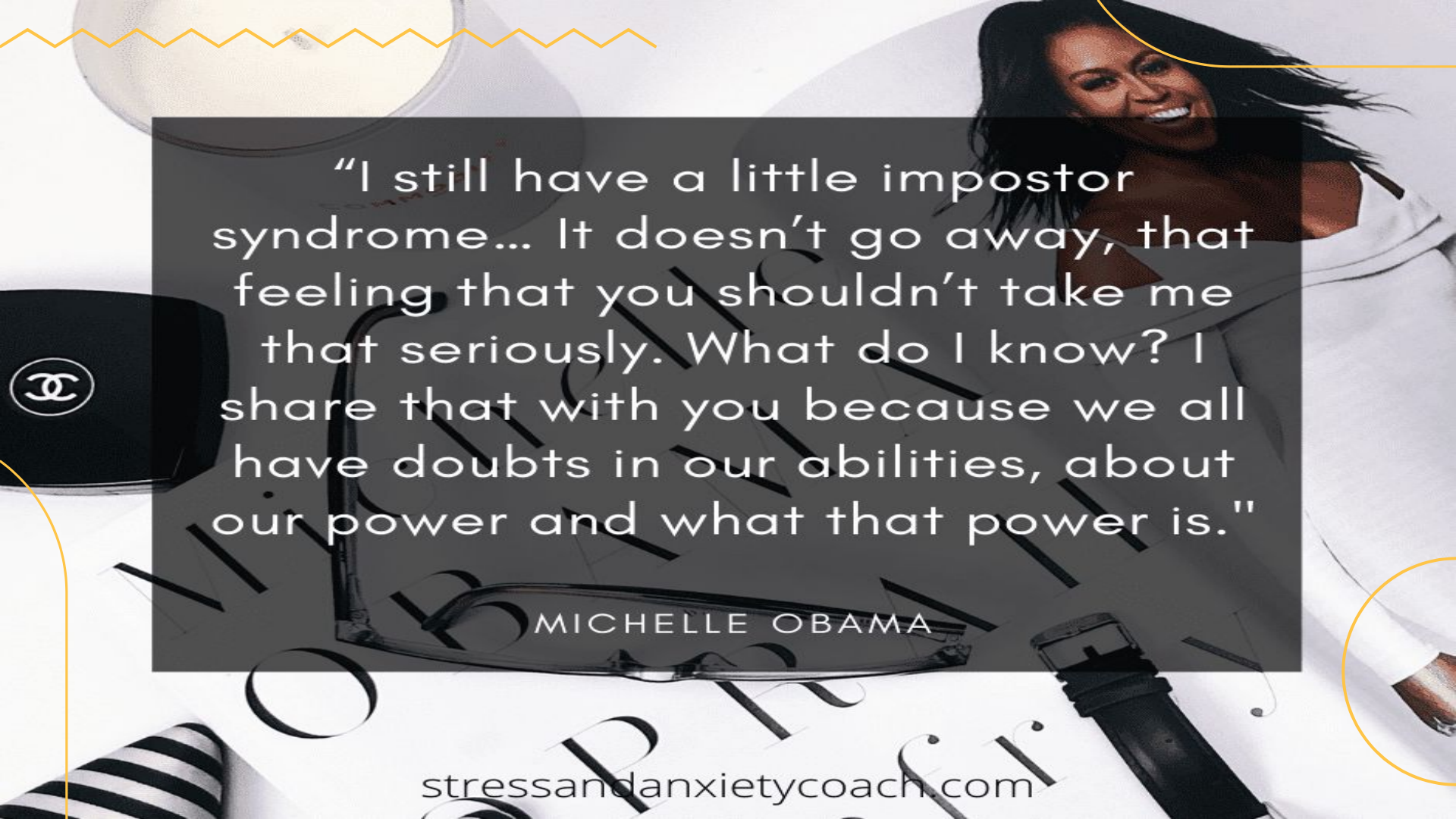
REASONS WHY YOU WON AN AWARD:



AWARD WAS EXTREMELY EASY TO WIN

AWARD WAS FOR PARTICIPATION

You totally dismiss your achievements



"I still have a little impostor syndrome... It doesn't go away, that feeling that you shouldn't take me that seriously. What do I know? I share that with you because we all have doubts in our abilities, about our power and what that power is."

MICHELLE OBAMA



# Signs of Imposter Syndrome



You're freaking exhausted  
from trying to be so  
awesome

**ME: Happy that someone complimented me**  
**ALSO ME: kinda sus**



**IMPOSTOR (SYNDROME)**

You have a hard time trusting  
people when they say you're  
awesome

# Ugh, why me?!



Early Childhood Experiences



Unsupportive work environments



First in family



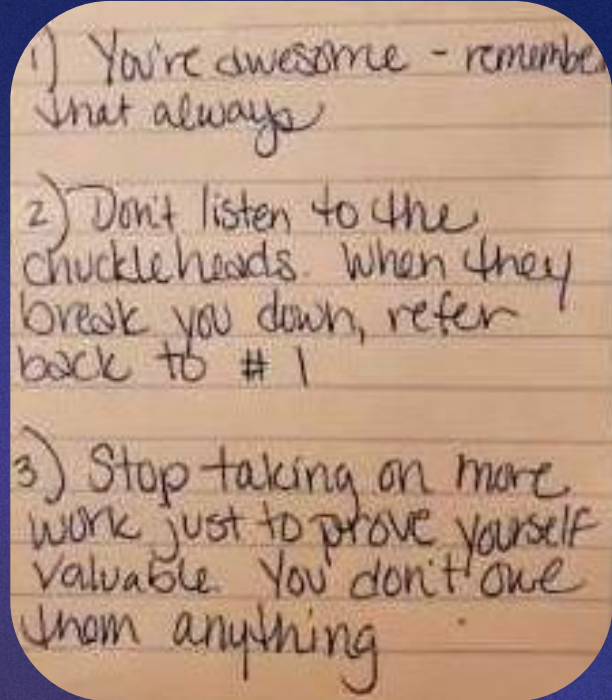
Personal Identity



# This Sucks! How can I fix it?



You gotta talk about it



"3-step program"

This Sucks! How can I fix it?



Feel your feelings and then let that sh\*t go.  
For reals



This Sucks! How can I fix it?



Stop Being an  
A\*\*hole  
to Yourself



Quit being such a jerk to yourself

# This Sucks! How can I fix it?

"Awesome" ends in "Me"...

Coincidence?

I think not.



som<sup>ee</sup>cards  
user card

## own your awesomeness



# This Sucks! How can I fix it?



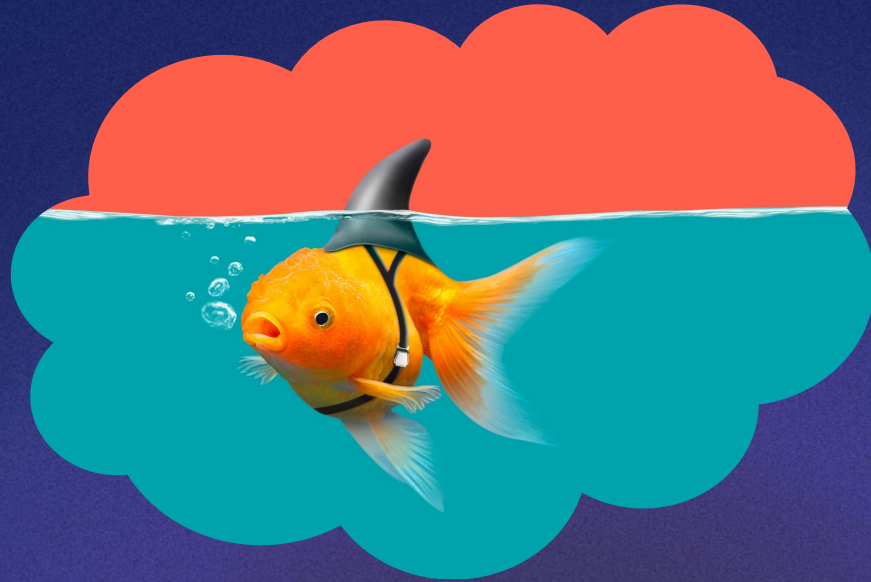
Celebrate successes and failures

**“Ring the bells that can still ring, forget  
the perfect offering. There is a crack in  
everything, that’s how the light gets in.”**

*-Leonard Cohen*



This Sucks! How can I fix it?



Fake it til you perfect it



So remember, when in  
doubt, refer back to  
step 1.....





